



Women's Retreat at Solitude Farm

Buchanan, Virginia

Virginia Green Lodging is the Virginia Department of Environmental Quality's (DEQ) initiative to promote pollution prevention (P2) practices in the tourism and hospitality industry. **Green Lodging** encourages hotels, resorts, and other hospitality operations to be aware of their impact on the environment and to take steps to reduce these impacts. **Green Lodging** is a non-regulatory program, and participation is completely voluntary and free of charge.

Solitude Farm

"Located in the Blue Ridge Mountains of Virginia on a working sheep and cattle farm Solitude Farm is surrounded by mountains, a national forest and the James River. Our activities include kayaking, hiking and fishing for the more adventurous, and for the more sedate, there is lawn croquet, cards, walks in the gardens, plenty of books, cable TV and tea on the lawn. Activities on the farm include working with animals (lambing, calving, raising chicks), gathering your own eggs, rose gardening, birding, hayrides, etc. We also have the services of a masseuse, yoga instructor and manicurist." As a farm, "proper disposal of waste and re-using products is second nature to us."



Green Lodging Activities. When visiting Solitude Farm, you can expect the following practices:

CORE ACTIVITIES for Green Lodging

- ☒ **Optional Linen Service.** Sheets and towels are not automatically changed every day during your stay.
 - Train house cleaners on process of optional linen service
 - Purchase water-efficient washers and dryers
 - Use non-phosphate, non-toxic, biodegradable laundry detergents
 - Minimize the use of bleach and chlorinated chemicals
- ☒ **Recycling and Waste Reduction.** Green Lodging Facilities must provide recycling. Recycling should be highly visible and made available to guests with clear signage. A general commitment to reducing total amount of waste should be made.
 - Recycle: Aluminum Cans, Plastic, Office Paper
 - Compost excess food waste
 - Bulk soap dispensers instead of individual soaps
 - Instruct housekeeping to save and reuse unopened items
 - Eliminate use of Styrofoam
 - Disposable containers made from bio-based, recycled content, compostable materials
 - Use non-bleached napkins and coffee filters
 - Provide condiments, cream and sugar in bulk
 - Implement effective food inventory system to minimize waste
 - Locally grown, organic, sustainable grown produce and other foods
 - Purchase recycled-content paper-towels and toilet paper

- Encourage suppliers to minimize packaging and other waste materials
- Purchase from vendors and service providers with a commitment to the environment
- Use electronic correspondence and forms
- Purchase durable equipment and furniture
- Use reused building materials or those from sustainable sources
- Use latex paint
- Preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Effective inventory system and labeling of last-in/first-out
- Use least toxic materials
- Use integrated pest management

☒ **Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping.

- Preventative maintenance of drips and leaks
- Use dry clean up methods over water-based methods
- Low flow toilets and restrictors on faucets and showerheads
- Effective landscape management plan
- Cisterns and drip-line irrigation
- Minimization of impervious areas
- Vegetative buffers around streams and ponds

☒ **Energy Conservation.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives.

- Track overall energy bills and set a numeric goal to reduce
- Have High Efficiency Heating & Air Conditioning and use ceiling fans
- Use natural lighting whenever possible
- Thermal rated windows and insulation

☒ **Green Events Package.** The facility must offer a “green” or “environmentally-friendly” package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided.

For more information on **Solitude Farm**, see www.solitudefarmretreat.com or contact Rebecca Denhuff at solitudefarm@yahoo.com.

For more information on **Virginia Green Lodging** program, see www.deq.virginia.gov/p2/lodging.



Virginia Green Lodging program is a supporting partner of **Virginia Green**, the Commonwealth’s campaign to encourage environmentally-friendly practices in all aspects of Virginia’s tourism industry. Virginia Green is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

